

Daily Stretch

GUIDELINES

- Never stretch to the point of pain.
- Do not bounce. Use slow, controlled movements.
- Do not hold your breath.
- Breathe normally and relax while stretching.
- Hold each stretch position 10 seconds.
- Repeat on opposite side when applicable.

1 | SHOULDER & SIDE NECK

Place arm behind back, reaching toward opposite shoulder blade. Tilt head to side of straight arm.



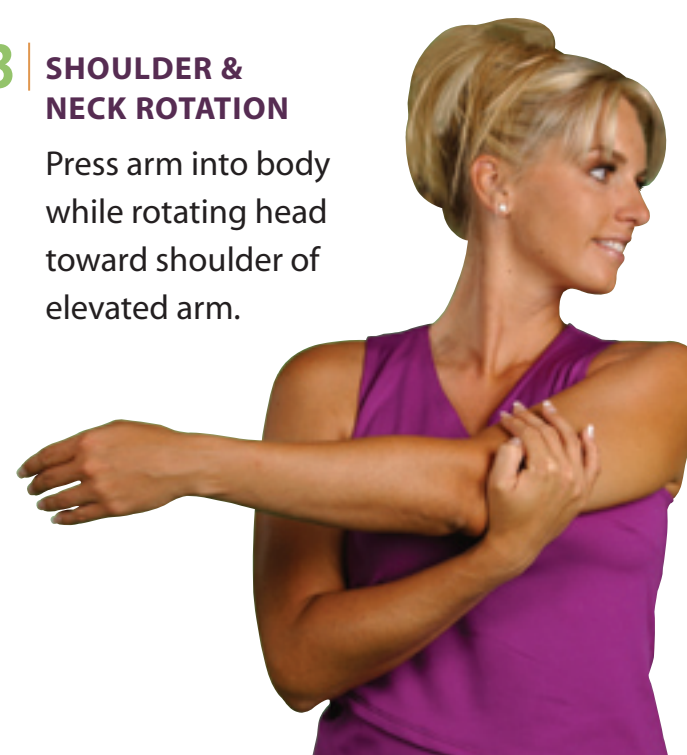
2 | 3-WAY NECK

Bend neck diagonally at 45 degree angle to right and hold. Repeat for the center and left positions.



3 | SHOULDER & NECK ROTATION

Press arm into body while rotating head toward shoulder of elevated arm.



4 | TRICEP & SHOULDER

Place arm behind head and reach hand down to mid back. Pull elbow in toward head.



5 | UPPER BACK

Press forward and outward with rounded arms. Round out upper back. Maintain upright posture and tucked pelvis.

